



May 20, 2009

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Congratulations to All Participants on a Very Successful Bike to Work Day!!

Our thanks go to everyone who got up early and made the effort. It was exciting to see so many people gather at the park sites and make the day special. Our appreciation also goes to all of those who bike to work every day and routinely. After all, that is the goal!!



Photo credit: Scott LaJoie

Healthy Hometown Hike & Bikes Roll On!

Make plans now to spend your Memorial Day morning with 5,000 of your closest hikers and bikers! Mayor Abramson will once again lead the way through Louisville neighborhoods and thoroughfares as he hosts this community's ninth Healthy Hometown Hike & Bike. Be sure to catch the Mayor and Subway Restaurant's Jared on TV promoting this highly successful family-friendly event. Activities start at 9 am on the Waterfront's Festival Plaza. The hike and bike routes start at 10 am. FREE t-shirts and helmets and you can win a FREE bike! **Register on the city's [website](#).**

Healthy Hometown Advisory Council Meeting Scheduled for June 5th

Mark your calendars now for our next Advisory Council Meeting on June 5th, 10:00 am in the Mayor's Gallery of Metro Hall. We will have updates from our committees and introduce you to our new summer VERB program for tweens. Please rsvp to mary.bradley@louisvilleky.gov. See you there!

Walk on the Waterfront Steps Up May 28th

Dr. Troutman will lead thousands of elementary school students on a fun-filled walk to the Waterfront on Thursday, May 28 starting at 10 am. This highly successful event continues to grow as more and more schools sign on to help their kids be more active. Last year nearly 3,000 students participated. **For more information or to volunteer, contact dave.langdon@louisvilleky.gov**

Food in Neighborhoods = Farmers Markets

As part of its mission, the Food in Neighborhoods (FIN) committee continues to help facilitate and spread the word about the growing number of Farmers Markets available throughout the spring and summer. This is indeed Farmers Market season and new and returning markets are opening in a neighborhood near you. For the second year, FIN has produced a full map of markets as well as useful tips on how to make the most of your market experience and purchases. **For a full schedule of markets and events, contact marigny.bostock@louisvilleky.org or go to www.louisvilleky.org/mhbm and click on Farmers Market Locations.**

Mayor's Healthy Hometown Launches VERB!

The VERB Summer Scorecard is launching in Louisville! VERB is an evidence-based program developed by the CDC to encourage tweens (9-13 year olds) to be active all summer long by offering exciting prizes beginning **May 25th and running through July 29th**. Special deals are offered to tweens with a VERB Summer Scorecard at local businesses, or tweens can track activities at home! The more active they are, the more prize entries they get for a Wii, an iPod, a Tony Hawk Skateboard, a bicycle, and more! **Every participant is invited to the VERB Grand Finale on August 1 at Jefferson Memorial Forest.** Everyone who comes gets a prize package! Thanks to the Dept. of Public Health & Wellness, Passport Health/KCHIP, Metro Parks, PACS NOW, JCPS and the YMCA for partnering with us. **Visit www.verbsummerscorecard.com or call 502-574-6585 for more info or to sign up!**

Healthy Hometown Mini-Grants To Be Announced in July

More than 30 applications for *Healthy Hometown* mini-grants have been received. All applications will be evaluated and awarded funds will be distributed right after the first of the fiscal year, July 1, 2009. Last year, Mayor's Healthy Hometown distributed \$70,000 in grants to more than 20 organizations. Healthy Hometown is pleased to be able to continue these important grants which can help to develop or enhance your organization's community health and wellness programs.

Upcoming Mayor's Healthy Hometown Movement Committee Meetings:

All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted.

Active Living	June 2, 10 am
Food in Neighborhoods	June 8, 5:30 pm at the downtown YMCA Association Office
Schools	June 11, 11:30 am at Highland Middle School Cafeteria
Worksite Wellness	May 21, 8 am at Baptist East Milestone Wellness Center
Step Up, Louisville! Task Force	TBA

Contact marigny.bostock@louisvilleky.gov to join a committee or receive more information.

Healthy Hometown Partner News:

Coordinated School Health Institute Presents Growing Healthy Kids in KY

The Coordinated School Health Institute and Growing Healthy Kids in Kentucky will present a Conference Monday and Tuesday, July 20 and 21, Marriott Griffin Gate, Lexington, KY. Farm to School is the featured topic. In addition, breakout workshops will focus on health education, health services, family and community, nutrition, counseling, social services and environment. **For more information,** ajgrizzell@insightbb.com.

Introducing the Wellness Zone

The Humana Foundation and a number of community partners have introduced The Wellness Information Zone at wellzone.org. WZ is a national health literacy initiative offering easy access to basic health information in everyday language, especially at the point of need. Along with the website, WZ offers kiosks dedicated to e-health information in community centers, health clinics, libraries, schools and other non-profits along with trained health information guides, including librarians, health professionals and volunteers. Navigation of the site is easy with talking video guides providing brief tours of the homepage and topic areas. The site features a variety of audio and video formats as well as different languages. This non-commercial site is free to anyone with an internet connection. The goal is to quickly connect the consumer to basic and reliable information. For more info, go to wellzone.org or humanafoundation.org.

More Mayor's Healthy Hometown Health Tip Posters are available! Twelve posters with fun graphics and important information which encourages good nutrition and the benefits of physical activity are posted on the **Healthy Hometown** website. All posters are designed for display at your place of work, study, worship or play. To receive these posters via e-mail attachment, contact smlcomm@att.net or they can be downloaded from the **Healthy Hometown** website at www.louisvilleky.gov/mhbm.

The **Mayor's Healthy Hometown Movement News** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all **Healthy Hometown** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

To submit information for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to smlcomm@att.net. Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Health Department. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at mary.bradley@louisvilleky.gov.